

# ROCKLAND YOUTH WELLNESS HUB

## SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



[www.youthhubs.ca/eastern-champlain](http://www.youthhubs.ca/eastern-champlain)



TEXT/CALL 613-577-7219 TO:

- SPEAK TO A PEER SUPPORT WORKER
- BOOK AN APPOINTMENT
- GET HUB INFORMATION
- REGISTER FOR ACTIVITIES



@ROCKLANDYOUTHUB

| HOURS     |                       |
|-----------|-----------------------|
| MONDAY    | 1-7 PM                |
| TUESDAY   | 10-4 PM               |
| WEDNESDAY | OUTREACH SITE: 9-3 PM |
| THURSDAY  | 1-7 PM                |
| FRIDAY    | OUTREACH SITE: 9-4 PM |

MAY 2022

| MONDAY   | TUESDAY  | WED   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH<br>1-7 PM: ADDICTION<br>1-4 PM: EMPLOYMENT<br>3:45-4:45 PM: MOOD WALK<br>4-5:30 PM: SELF-CARE ACTIVITY | 10 AM-4 PM: PEER SUPPORT<br>10 AM-4 PM: MENTAL HEALTH<br>3-4 PM: NURSE PRACTITIONER (VIRTUAL)  | NEW! OUTREACH SITE<br>HAWKESBURY - 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH (IN PERSON)<br>9-3 PM: PEER SUPPORT (VIRTUAL) | 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH<br>1:30-4 PM: NURSE PRACTITIONER                               | CLOSED  |
| 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH<br>1-7 PM: ADDICTION<br>1-4 PM: EMPLOYMENT<br>3:45-4:45 PM: MOOD WALK<br>4-5:30 PM: SELF-CARE ACTIVITY | 10 AM-4 PM: PEER SUPPORT<br>10 AM-4 PM: MENTAL HEALTH<br>1:30-4 PM: NURSE PRACTITIONER   | NEW! OUTREACH SITE<br>HAWKESBURY - 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH (IN PERSON)<br>9-3 PM: PEER SUPPORT (VIRTUAL) | 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH  | NEW! OUTREACH SITE<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH<br>9-4 PM: PEER SUPPORT |
| 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH<br>1-7 PM: ADDICTION<br>1-4 PM: EMPLOYMENT<br>3:45-4:45 PM: MOOD WALK                                  | 10 AM-4 PM: PEER SUPPORT<br>10 AM-4 PM: MENTAL HEALTH<br>3-4 PM: NURSE PRACTITIONER (VIRTUAL)<br>3:45-4:45 PM: WORKING ON YOUR INNER VOLCANO | NEW! OUTREACH SITE<br>HAWKESBURY - 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH (IN PERSON)<br>9-3 PM: PEER SUPPORT (VIRTUAL) | 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH<br>1:30-4 PM: NURSE PRACTITIONER<br>4:30-5:30 PM: VISION BOARD | CLOSED  |
| CLOSED   | 10 AM-4 PM: PEER SUPPORT<br>10 AM-4 PM: MENTAL HEALTH<br>1:30-4 PM: NURSE PRACTITIONER<br>3:45-4:45 PM: WORKING ON YOUR INNER VOLCANO        | NEW! OUTREACH SITE<br>HAWKESBURY - 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH (IN PERSON)<br>9-3 PM: PEER SUPPORT (VIRTUAL) | 1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH  | NEW! OUTREACH SITE<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH<br>9-4 PM: PEER SUPPORT |
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## PEER SUPPORT

Talk to someone with lived experience.



## MENTAL HEALTH

Talk about stress, anxiety, depression, gender identity, eating disorders, feeling judged or bullied, etc. No topic is off limits!



## ADDICTION

Get help with problems associated with substance use, addiction and gambling.



## FINANCIAL AID

Call 613-577-7219 to get connected by telephone for help with your financial difficulties.



## NURSE PRACTITIONER

Prescriptions, sexual health and all things medical.



## EMPLOYMENT HELP

Get help finding employment through employment and career counselling, information resources, job opportunities and access to community and outreach services.



## OUTREACH SITES IN HAWKESBURY & EMBRUN:

Offers one session counselling to assist you with a current problem and work together with you on possible solutions.



## CTC SELF-CARE GROUP

Discover tips for self-care techniques to help you feel great! **Text or call 613-577-7219 to register!**



## MOOD WALK

An opportunity for physical and mental wellness. Come take a walk to enjoy the outdoors! **Text or call 613-577-7219 to register!**



## WORKING ON YOUR INNER VOLCANO

Join us for a four-session group to learn skills and tools to cope with anger. **Text or call 613-577-7219 to register!**



## VISION BOARD

Create a vision board with images and words that spark your motivation, inspire you or leave you feeling happy! **Text or call 613-577-7219 to register.**

**youth  
wellness  
hubs**  
ONTARIO



**carrefours  
bien-être  
pour les jeunes**  
DE L'ONTARIO



## FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** offers many virtual and in-person Indigenous youth events.

### Virtual events like:

- Youth Drop-In
- Two Spirit Youth Circle
- Short Stories with Aunties
- Yoga
- Zumba
- Diva Night

....and more!



Check out their website calendar frequently for new events and how to join:

<https://wabano.com/calendar/>

